

CLAIMS

I claim:

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1. An exercise apparatus for simulating ice skating movements in a user, the apparatus comprising,

a) a horizontal platform;

b) two defined curvature guide paths;

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c) two pedal assemblies moveably coupled to the guide paths;

and

d) a variable resistance mechanism.

2. An exercise apparatus of claim 1, wherein the apparatus further

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comprises a chest support.

3. An exercise apparatus of claim 1, wherein the apparatus further comprises a hand assembly.

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4. An exercise apparatus of claim 1 wherein the defined curvature guide paths are in a substantially symmetrical, horizontal and mirror-image arrangement to one another, each of which curves outwardly from their respective forwardmost ends and curves inwardly from their respective rearmost ends.

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5. An exercise apparatus of claim 1 wherein each pedal assembly comprises:

- a) a footpad;
- b) a pivot rod; and
- c) a block guide.

6. A pedal assembly of claim 5, wherein the pivot rod allows inward rotation about a 90 degree axis.

7. An exercise apparatus of claim 1, wherein the variable resistance mechanism mounted within the horizontal platform comprises:

- a) a fly wheel tension gear;
- b) a series of pullys arranged along and under the defined curvature guide paths; and
- c) a tension bearing elastomeric strap.

8. An exercise apparatus of claim 1, wherein the variable resistance mechanism can increase or decrease resistance.

9. An exercise apparatus comprising two defined curvature guide paths that are in a substantially symmetrical, horizontal and mirror-image arrangement to one another, each of which curves outwardly from their respective forwardmost ends and curves inwardly from their respective rearmost ends.